Anglesey A July. 21. 1669.

A TREATISE OF THE GOUT, OR JOINT-EVIL.

Collected and Compiled by *Ben. Welles*, Mr. of Arts, and Licentiate in Physick by the University of *Oxford*; Late Fellow of *All-Souls* Colledge, and now living at *Greenwich* in *Kent*.

Τίς τὴν ἀνίκητόν με δεσπότιν πόνων
Οὐκ οἶδε ποδάγραν, τῶν ἐπὶ χθονὸς βροτῶν;

LONDON,
Printed by *J. M.* for *Henry Herringman*, at the *Blew-Anchor* in the Lower-Walk of the *New-Exchange*, 1669.

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MVSEVM
BRITAN
NICVM

To the Right Worſhipful

Sir JOHN SHAWE.

Moſt Worthy Sir,

AS *in the leſſer Luminary, the ſpots more viſibly appear, the brighter ſhe ſhines; ſo your excellent worth having made you eminent in our Sphere, (pardon me if I ſay) your Arthritick infirmity is by your luſtre rendred the more obſervable: upon which ſcore theſe ſteined ſheets fly unto you for umbrage, bringing no unwelcome news from the Monuments of the Dead; for dead Mens*

Bones are oft-times ſtabiliments to the feet of the living, witneſs thoſe caducous Epileptick Bodies, whoſe faultring paces are confirmed by vertue of dead mens Skulls. I thought it better with Zacutus *to acquaint you with Sciaticks cured in ten hours, then with Ingenious* Cardan, *to write Encomiums of this Diſeaſe, or with* Sennertus *to publiſh conſolations inſtead of Cures: my more than common ſucceſs in this Nature, hath prompted me to undertake this difficult province, as my once Crippled Patients can bear record, who now walk ſtoutly ſupported by my Art, as much as by their*

their own leggs. If the meer Engliſh man may now commune with the Arabians, Greeks, and Romans, in his own Tongue; and the pooreſt Patient have here a Conſultation of Doctors without Fees, let them gratefully acknowledge the induſtry of the Author, who for their ſakes principally compoſed it: for I light no Candle to the Sun, neither will the radiant Beams of riper Wits, want their office, becauſe I give this glimmering ſight to them that ſet in darkneſs: Spangles have their ſplendour, as well as Diamonds, and if I cannot equal thoſe of the firſt magnitude, give me

leave to emulate them in my Endeavours, which if You, Learned Sir, vouchſafe to Patronize, I value not how the World ſhall Eſtimate

Your moſt devoted

Servant

Benjamin Welles.

Divinum eſt quod labe caret, ſit criminis expers,
Alterius famam qui lacerare volet.

OF

OF THE GOUT, OR JOINT-EVIL.

IN diſcovering the nature of this dolorous Diſeaſe, I ſhall confine my ſelf to this plain and proſpicuous method, Compriſing my diſcourſe in ſix Chapters. The firſt of which ſhall preſent you with the beſt definitions of the Diſeaſe, the 2. with the varieties, or different ſorts of it, the 3. with the

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Cauſes of it, the 4. with the Diagnoſtick, and Prognoſtick ſigns of it, the 5. with the method and matter of Cure, the 6. with Rules for preſervation from it; and all according to the doctrine of the beſt ancient, and modern Authors in their ſeveral Centuries.

CHAP. I.

Of the definition of the Gout, or Joint-Evil.

The definition.

IT is defined by ſome, to be, A pain of the Joints proceeding from a defluxion of humours falling upon them; but before I proceed further to examine this,

this, it will be neceſſary to premiſe ſomewhat concerning the propriety of its name; for according to *Galen*, all diſtempers are denominated chiefly from five things.

How many wayes names are given to Diſeaſes.

1. From ſome ſymptome or accident which is obſerved to be moſt violent in the diſeaſe, and thus the *Epilepſie*, *Apoplexy*, *Palſie*, &c. for though many accidents accompany theſe diſeaſes, yet they have their names impoſed from the moſt vehement. 2. From the part affected, thus a *Pleuriſie* hath its name from the *Pleura* membrane where the diſeaſe is ſeated; and an *Ophthalmy*, and *Hepatitis*, the one being an inflammation of the Eyes, the

the other of the Liver. 3. From ſome accident, and from the part affected jointly; thus the pains of the Head and Teeth are called a *Cephalalgy*, and *Odontalgy*. 4. From the efficient cauſe, as *Melancholia*, and the diſeaſe *Cholera*, which are ſo termed from the *Melancholick* and *Cholerick* humours from which they are produced. 5. From ſome viſible or palpable ſimilitude the diſeaſe carries with ſome external things; thus a *Cancer* or *Cancerous Ulcer*, hath its name from the ſimilitude of a Crab; and the *Elephantiaſis* borrows its name from that Scab which renders the infected not much unlike to the horrid monſtroſity of Elephants.

Elephants. The Gout then or Joint-Evil, in reſpect of its denomination, we refer to the ſecond kind, it being a diſeaſe of the junctures: the Common people of *France* call it *Gutta*, becauſe they phanſy the humour diſtills into the joints by drops, and perhaps from *Gutta* we call it the Gout; though other diſtempers doe afflict the Joints, yet this from its extremity of pain is onely called by way of Eminency the *Arthritick* Diſeaſe, ἀπὸ τῆς ἄρθρου, from the Articles or Joints.

Why called *Gutta*.

Pain then is the Genus of the Definition, becauſe it is in every Gout, witneſs the afflicted; of the Joints, there is the *differentia*, or formal Cauſe it you pleaſe, for

The definition explained.

for though many pains are incident almoſt toall parts and members of the Body; yet it is peculiar to this diſeaſe, to afflict the Joints; proceeding from a defluxion of humours, here is the efficient Cauſe, for the Gout being a humoral, or material diſeaſe (as Phyſitians phraſe it) there muſt needs be a defluxion of humours to generate it; upon the Joints, which are the ſubject or ſeat of the diſeaſe, for all diſeaſes being accidents, muſt be placed in ſome ſubject, and the Joints in this diſeaſe are the proper ſubjects, and parts receiving: for as *Galen* ſaith, if no humour diſtill'd upon the Joints, there could

could be no Foot Gout, and if the defluxion ceaſe, the paſſion or pain muſt ceaſe; which *Synecdochical* Speech of *Species pro genere*, is to be alike underſtood of all other ſorts of Gouts.

Whether pain be the true Genus.

Others as *Ægineta*, *Hippocrates*, *Galen*, unanimouſly define the Gout to be an inflammation, and an inflammation is a diſeaſe, but all pains are ſymptoms, therefore the former definition by pain ſeems to be erroneous. It is confeſt the former definition conſiders the Gout as a Symptome, and therefore defines it by a principal accident, and thus *Hippoc.* hath deſcribed it by the acuteneſs of its heat and pain: but if you conſider

The Limitation.

conſider the Gout as a Diſeaſe, then thoſe Authors have rightly defined it.

That the Gout is no inflammation.

But it is objected, the Gout cannot be called an inflammation, ſince this is a Tumour cauſed by pure Bloud, but the Gout oftentimes proceeds from flegm, or from a cold and ſerous

Reaſon, 1. humour, whence many times ariſe thoſe hard Tophous Tumours about the

2. Joints. Secondly, an inflammation is a diſeaſe of the fleſhy parts, but the Gout of the Joints, which are much different, for the Joints are cold and ſpermatical parts, but the fleſhy parts are hot and moiſt,

3. produced of Bloud. Thirdly, if the Gout were an inflammation, it might then be

be brought to ſuppurate, but we ſee it cannot, becauſe it is not generated of bloud, whoſe property it is to be ſuppurated.

In anſwer to theſe arguments you muſt note, that an inflammation with *Galen*, is taken three manner of wayes: 1. For a dry inflammation, in which the natural heat is inflamed without any defluxion of humour, which heat of the part is properly called *Phlogoſis*. 2. For every tumour or heat, whether it ariſe from an Afflux of Bloud, Flegm, Choler, or Melancholy. 3. Properly and abſolutely for that kind of tumour which *Galen*, and the modern call a *Phlegmon*, or an inflammation made by

The anſwer to the firſt, and the like to the reſt.

by a Deflux of Bloud through the fleshy parts. I say then that the Gout is an inflammation, not in this proper signification, but after the second manner as it is taken for every hot tumor, from what matter soever generated; and thus *Hippoc. Galen, Avicen*, have called the *Lethargy* an inflammation, although it be originated of Flegm.

The best definition.

The third and most accurate definition is this: the Gout is a dolorous tumour of the Joints arising from a defluxion of humours, by reason of the weakness of the parts; here a tumour is made the Genus, because in every sort of Gout there is a tumour, although it do not alwayes appear outwardly,

The explication of it.

wardly, but ſometimes is latent, as in hot and Cholerick humours, for if there were no tumour, there could be no pain; for as *Galen* ſaith, the Gout is never without pain more or leſs, according as the Ligaments and Membranes which clothe and compaſs the Joints, are more or leſs filled with the defluxion of humours; therefore where-ever there is pain, wé muſt needs pre-ſuppoſe a tumour dolorous, by which we diſtinguiſh it from other tumours, for it is not ſimply a tumour, but join'd with pain, which pain is the inſeparable accident of this Diſeaſe; of the Joints, for they are the part affected and are the *differentia*; but you

you muſt know that by the name of Joints, I do not mean that part onely by which one Bone is by contact joined to another, nor that empty ſpace which is between the Joints, but all that which binds and compaſſes the Articulation, of wch ſort are the Ligaments, Membranes, Tendons, and the other neighbouring parts; for though *Galen* ſay that all Ligaments are void of ſenſe, yet he means not membranous Ligaments, for Membranes are the adæquate ſubject of feeling: again, whereas Articulation is twofold, the one more looſe, and with motion, which is called *Diarthroſis*, the other more ſtrict and without motion, which they

What is meant by the Joints.

Articulation twofold.

they call *Synarthroſis*; the Gout happens only in the firſt of looſe articulation, ſuch as is that of the thigh with the hip, and that of the Arm in the Elbow; but in the ſtrict articulation, as of the Bones of the Head with the upper Jaw, which is without motion, no Gout can come: as for the other parts of the definition, which is the defluxion of humours, and the weakneſs of the parts, I ſhall copiouſly diſcuſs them when I come to ſpeak of the cauſes of the Gout.

CHAP.

CHAP. II.

Of the different ſorts of Gouts or Joint-Evils.

The threefold difference.

THE differences of Gouts are threefold, taken from the parts affected, from the matter, and from the accidents: as for the parts affected which the Gout doth poſſeſs, there are four principal Species, viz. the *Iſchiatica* or Hip-Gout, the *Podagra*, or Foot-Gout, *Chiragra*, or Hand-Gout, and *Gonagra*, or Knee-Gout; to which *Paræus* adds *Syagonagra*, or the Gout in the joints of the Jaw, *Trachelagra*, the Gout in the Neck, *Rachyſagra* the Gout in the Back-Bone,

Bone, *Homagra* in the Shoulder, and *Pechagra* in the Elbow; when the Gout invades the other joints of the Body, it wants a proper name, and is called onely by the common title of the *Arthritick*, or Joint-Evil.

The *Iſchiatica*, corruptly called the *Sciatica*, hath its denomination from the Hip-bone called *Iſchias*, and is vulgarly called the pain in the Hip, and this is the moſt exquiſite pain of all, which doth not only poſſeſs the hip it ſelf, but all below it, with the muſcles of the Buttocks, and ſpreadeth it ſelf to the Thigh, Ankle, and Sole of the Foot: this ſort of Gout hath ſeldome an apparent tumour, and ſeldomer an inflam- The firſt.

inflammation, because there are not many veins under the Skin in that part.

The second. The *Podagra*, so called, because it invades the Feet, but especially the joint of the great Toe, where it is seldom without a manifest tumour, a great inflammation, and intolerable pain.

The third. The third Species is *Chiragra*, because it afflicts the Hands, with the joints of the Fingers, with a tumour, inflammation, and redness of the parts: and because here is a greater inflammation then in other Species of the Gout, some have called it a Phlegmatick inflation of the hands.

The second difference. The second difference taken from the matter, is that

that ſome Gouts are hot, ſome Cold, ſome Sanguine, or Cholerick, others Phlegmatick, or Melancholick; though *Fernelius* is of opinion that all Gouts are Cold, and proceed onely from Flegm, or Seroſities, but this opinion is thus refuted by Authority, by Reaſon, and Experience. *Fernelius* exploded.

Hippoc. ſaith, that the Gout is by a mixture of Flegm, and Choler, and *Galen* ſaith, ſometimes from Bloud, ſometimes from Flegm, ſometimes from both mixt with Choler; and in another place he ſaith, there are ſome diſeaſes, that ſpare us in our Old Age, as the heat of the reins, and the hot Gout, and thus By Authority.

Paulus, *Avicen*, and moſt Doctors.

Secondly, we ſee the Gout is ſometimes cured by Purging, ſometimes by Bleeding, by which means Choler and Bloud are emptied as well as Flegm; it muſt needs then follow, that it did no leſs proceed from thoſe humours, for *Hippoc.* ſaith, we then receive benefit from evacuations when the peccant matter is emptied: And do we not ſee that many women are afflicted with the Gout, by reaſon of an unſeaſonable ſtopping of their Courſes; which according to *Hippoc.* are cured by opening a vein in the Ankle.

By Reaſon.

Aphoriſme, 79. Sect. 6.

Thirdly the Gout, for the

the moſt part is joined with an acute pain, burning, and redneſs; now redneſs cannot proceed but from Bloud, for the Colour diſcovers the humour; beſides, heat properly cannot proceed but from ſanguine or cholerick humours; and vehemently acute pains cannot ariſe from a cold matter, but from hot and cholerick: thus in *Oedematous* cold tumours, there is a dull obtuſe pain; but an *Eryſipelas* and *Phlegmon*, which are hot tumours, cauſe moſt exquiſite acute torments: moreover we find, that ſome ſorts of Gouts are pacified by cooling Remedies, by which we over-power the heat, and others are mitigated

by hot Medicines, but exaſperated by cooling, as beſides Experience, *Hippoc.* doth teſtify, the Gout then may proceed from every kind of humour.

By Experience. *Aphoriſm,* 25. Sect. 5.

The third difference we made was from the accidents which accompany the Gout, of which though there be a large number, yet we ſhall mention onely two, which are the moſt frequent and principal, *viz.* pain, and tumour; according to the nature of theſe two accidents, ſome Gouts have great and intolerable pains, yet without any manifeſt tumour, and others have mild and tolerable pains with great and evident tumours; and theſe are the general differences

The third iffe-rence.

of

of Gouts taken from the parts afflicted, from the matter and from the accidents; to which if you pleaſe you may add with *Galen*, a fourth taken from the Original of the Diſeaſe, and ſo ſome Gouts are either connatural or hereditary from our Parents, or accidentally ariſing from ſome other cauſe.

A fourth difference.

CHAP. III.

Of the Cauſes of the Gout, or Joint-Evil.

THe cauſes of this diſeaſe are two, the defluxion of humours, and a weakneſs of the Joints, as we obſerved in the defi-

nition, neither of them alone being ſufficient to produce this Evil, but they muſt both concur; for we commonly ſee Oedematous tumours to poſſeſs the Joints; yet we cannot call them the Gout, becauſe there is no weakneſs of the joints in them; and after the Paroxyſm of the Gout is over, and the pain is ceaſed, although the juncture remain weak, yet we cannot ſay, the Gout is there then; for it is neceſſary, as we have ſaid, that a Defluxion be joined with a weakneſs to produce this Diſeaſe; and thus *Galen*, in many places, but eſpecially in his tenth Book of Topick Remedies.

But for the better underſtanding

derſtanding of theſe two general cauſes of the Gout, we ſhall firſt treat of the defluxion of humours, that the Nature and Eſſence of that being underſtood, we may come nearer to the Diſeaſe it ſelf: a Defluxion then is a motion of the humours from an upper part to a lower. I ſay it is a Local motion of the humours transfer'd from one place to another, and in every defluxion as it is a local motion, we are to conſider theſe five things. 1. That which is moved. 2. That which moveth. 3. The place or term from whence. 4. The place or way through which. 5. The place or term to which it is moved. That which is mo-

What a Defluxion is.

What is to be conſider'd in a Defluxion.

ved in the Joint-Evil, is any kind of humour, whether Hot, Cold, Sanguine, Cholerick, Phlegmatick, or Melancholick; that which moveth and ſtirs up the humour to this fluxion, is the internal principle of the humour, or ſome external principle different from it, the internal principle we call the form and propriety of the humour, which cauſeth that motion; thus fire is carried upwards by it ſelf, that is by its internal principle which is *Levity*, on the contrary the Earth, by its internal principle which is *Gravity*, moves downwards: ſince then that the humour is actually Liquid, partaking of the ſubſtance of water, and conſequently

ſequently by its nature heavy, it falls ſometimes by its own proper and natural motion upon the lower parts, and hence it is without doubt, that every defluxion is from a higher part to a lower, and never on the contrary; but if it ſometimes happen that the humours do aſcend, and are carried upwards to the higher parts, it is by an accidental violent motion, contrary to their nature.

The external principle which moves the humours in every defluxion is twofold, expulſion and attraction, for whatſoever is moved by another, is either expell'd, or attracted; oftentimes it happens that the humour is expell'd to the

The External principle of motion is twofold.

lower parts by the expulsive faculty of the member it self, if it be strong and vigorous, being irritated either by the quantity, or by the vitious quality, or by the corrupt substance of the humour offending; and sometimes also it is expell'd by some external Cause, as by the cold air, or by repelling medicines.

Attraction is threefold.

Concerning attraction we judge thus, that a humour may be attracted three manner of wayes, by similitude, by heat, by pain; for the parts of our bodies, that they may be nourished, do attract the alimental humour by similitude; that is, the Cold parts attract that which is cold, the hot parts

parts that which is hot, the ſanguine and temperate attract the mean and temperate nouriſhment, and when they attract more then they ought, or is needful, thence doe ariſe tumours. 1.

Heat and pain are alſo the Cauſes of attraction, not *per ſe*, but by accident, for heat attracts the humours by making them thin and fluid; for the humours thus liquified and attenuated, do become more apt than formerly, by reaſon of their Liquidity and Levity, to be carried to thoſe parts, which the heat hath ſo alter'd, and pain by accident attracts thus; for nature deſirous to eaſe the pained parts, ſends thither her Auxiliary 2. 3.

Forces

Forces for relief, *viz.* the natural heat and ſpirits, which are ſubjected in the Bloud, and ſo carry that with them to the parts in pain.

The place from whence.

The place from whence this defluxion proceeds, is not onely the brain, or parts of the Head, but all other parts of the whole body that have any power over the reſt, and are placed in a higher part than thoſe which do receive the defluxion.

The way through which.

The place or way through which this defluxion makes its progreſs is twofold, either Ordinary, or Extraordinary; the ordinary or uſual wayes through which defluxions paſs, are the Veſſels, as the Veins,

Veins, Arteries, Nerves; the Extraordinary wayes are the *Perioſtia*; Membranes, Ligaments, Bones, and the inſenſible Pores of the parts.

The laſt is the place in which the defluxion is terminated, and that is every lower and weak part, either of its own nature ſo, or by accident. Thus you have generally and briefly the nature and eſſence of defluxions, with its five conſiderations explained; before we proceed any further, it will be very beneficial to Conſider the Cauſes of theſe defluxions.

The External Cauſes of defluxions.

And thoſe are commonly ſaid to be of two kinds, External, or Internal; we call thoſe external, which proceed

proceed from without the body, which vulgar Phyſitians term the primitive and evident cauſes, and they are four; Firſt, a hot Southern temper of the Air, or application of hot remedies, as Unctions, Fomentations, and the like, which cauſe fluxions by melting and attenuating the humours; Secondly, a Cold air and application of cold and aſtringent Remedies, and theſe cauſe fluxions by Conſtipating the Body, and ſqueezing out the humours, as water is ſqueezed out of a Spung by Compreſſing it: Thirdly, whatſoever divides the continuity of parts, and cauſeth a pain in any part of the body: Fourthly, every

every Contuſion which in a violent manner preſſes forth the humours.

Again, the Internal Cauſes of defluxions are alſo twofold, the Antecedent, and the Conjunct; and the antecedent is twofold, Principal, or Inſtrumental, thoſe we call principal which are neceſſarily requiſite to the generation of defluxions, and they are five. 1. The abundance of humours. 2. Their Acrimony and Malignant quality. 3. The ſtrength of the part caſting them off. 4. The weakneſs of the part receiving. 5. Its ſcituation in a lower place. Firſt of all, the abundance of humours with a malignant quality, Internal Cauſes twofold. 1. 2.

quality, are principal cauſes of defluxions, becauſe being offenſive to nature, ſhe endeavouring to eaſe her ſelf, caſts them off to other parts, and this exceſſive quantity or vitious quality of the humours, proceeds from the diſtemper of ſome principal parts; as of the Brain, Stomach, or Liver; for the brain if it be too hot, draws like a Cupping Glaſs, all the vapours of the body to it ſelf, which there by the thickneſs of the Skull, and natural temper of the brain being Condens'd, are reſolved and melted into water fit for defluxions, and if the brain be too Cold, by its own weakneſs, many Excrements and ſuperfluities are ingendred,

ingendred, which afterwards it precipitates to the lower ſubject parts; and thus alſo a cold Stomach doth partly generate, partly collect Crudities, and an over-hot Liver, ſends up many and groſs vapours to the brain; the true cauſes of the exceſs and acrimony of the humours, and conſequently the antecedents of defluxions.

3. The vigor or ſtrength of the part caſting off is a principal cauſe, for though many and vitious humours were contained in it, yet there would be no defluxion unleſs the part were ſtrong, but the humours collected would rather cauſe a Diſeaſe in that part, then a defluxion.

The

The fourth Cauſe is the weakneſs of the part receiving, for if this were not impotent, it would profligate the vitious humours, that no defluxion ſhould faſten on them, as *Galen* ſaith in his Commentary on the 28 *Aphoriſme. Sect. 6.*

The fifth and laſt Cauſe of defluxion is, the lower ſcituation of the part receiving, for every defluxion being from a ſuperior part to an inferior, it muſt needs be, that the part receiving be not onely weak, but alſo in a lower ſeat.

The Inſtrumental Cauſes of defluxions.

The inſtrumental Cauſes of defluxions are thoſe, which are not neceſſary to their generation, but do concur and conduce much to their production, by whoſe

whose help the defluxions are the easier and more readily caused, and they are three; the thinness of the humour, the largeness of the passages through which it takes, and the laxness or rarity of the part receiving; for thin, subtile humours are more fluxil then crass or thick, and the openess of the way affords a freer passage to diffuse themselves; and the laxness of the part more readily receives them: thus the Lungs and Glandules being soft, lax parts, are very obnoxious to defluxions.

The conjunct Cause is the humour it self fallen down or cast down by the defluxion: it remains now that we make a neerer application. That

That which is moved in this diſeaſe, is not then only flegm, or ſeroſities, but every kind of humour, as we have already proved contrary to *Fernelius*, although we confeſs that a melancholy humour doth not ſo often fall upon the joints to cauſe the Gout as other humours do; for as *Avicen* ſaith, the Splenetick and Melancholick, are ſeldom obnoxious to the Gout: Others ſay becauſe the Serum is wont to diſſolve and receive into it ſelf the *Heterogeneous* Salts, which are accumulated in the body by the nouriſhment, hence all ſeroſities are ſalt more or leſs, according to the quantity of Salts received in them; and according as thoſe

thoſe Salts have more or leſs Acrimony, ſo the pains of the Gout become greater or leſs.

Sennertus would have the immediate cauſe to be a ſolution of unity in the Membranous parts, not by compreſſion of them, but rather by a diſtention, vellication or punction of the ſenſible parts about the joints, & that from a ſerous ſalt acrid humour, which Chymiſts call Tartarous, produced in the Liver and Spleen in ſanguification, and by the Veins and Arteries carried to the joints, originated from that nouriſhment, which our food attracted out of the Earth; for all Earths have ſomewhat ſaline in them; and be-

becauſe there is no plant that doth more attract from the Earth that which is ſalt, *argillous*, and of the nature of Calx, then the Vine; therefore Wine which doth very much abound with that Salt or Tartar, does ſo much conduce to the Generation of the Gout.

But the grand controverſy betwixt the ancient and modern Phyſitians, is concerning the 3. Terms; from which, through which, and to which, the humour falls. *Fernelius* is opinionated, that the humour which cauſes this diſeaſe, doth alwaies proceed from the Head, and *Pericranium*, and outwardly, or by the exterior parts under

Pathology l. 6. c. 18.

under the Skin falls down upon the junctures; and he confirms it by these 2 Reasons: First of all, because many Veins which proceed from the External Jugulars, empty their serous and watry Excrements into the *Pericranium* and External parts of the Head, which being there collected, when as by reason of the thickness of the Skin, they cannot evaporate, upon the least occasion of Heat or Cold, or upon gentle friction, they fall down upon the lower parts and joints: the signs of this collection of humours he makes to be a heaviness and pain of the Head; a Sleepiness, or Lethargy, and an *Oedematous* Tumour,

mour, chiefly about the hinder part of the Head: His ſecond reaſon is, that the brain and its Ventricles cannot be the ſpring of defluxions, becauſe the Phlegmatick Excrements, which are collected in thoſe parts, we ſee are caſt forth by the Noſe and Palate, or inwardly deſcend by the Wind-pipe to the Lungs, or otherwayes to the Stomach, or to other inward parts. But to the firſt we thus anſwer, it is no more neceſſary for the External Jugulars to empty their Excrements into the External parts of the Head, then for many other Veins, which are ſufficient to carry Excrements to the Joints; but ſuppoſe we grant him that,

Fernelius anſwerd.

that, yet it will not follow, that there is so great a collection of superfluities in the *Pericranium*, that they must needs fall upon the Joints; for though the ambient Skin of the Head be thick enough, yet those wateriſh and ſerous humours may eaſily tranſpire and evaporate through the inſenſible Pores, or be reſolved and diſſipated by frequent frictions.

To the ſecond we anſwer; it is true the Excrements of the Brain and its Ventricles, are caſt forth by the Noſe and Mouth, and are carried to the Lungs and Stomach, but it does not follow that nothing therefore is carried to the Joints; for the Lungs and

Stomach, when they are ſtrong, fling off thoſe Excrementitious humours from themſelves, ſometimes outwardly by Coughing, Hawking, and Spiting, ſometimes inwardly throw them on other parts, ſo that they may eaſily fix in the Joints if they be weak; for though defluxions in the Gout do often deſcend from the head, becauſe we ſee that the Gouty are for the moſt part ſubject to Catarrhs, yet we muſt needs deny, that the head and its external parts are alwayes the Spring, or Fountain of this Evil; otherwiſe it would follow according to *Fernelius* dream, that a heavineſs and pain of the head, a Lethargy,

Lethargy, and an *Oedematous* Tumour in the hinder part of the head ſhould always precede the Joint-Evil, which daily Experience confutes; for we ſee many ſiezed with the Gout in a moment, as it were in the twinkling of an Eye, who never felt any ſuch accident; beſides, if the defluxion in this diſeaſe always come from the head, as he Phanſies, making a long Journey under the Skin to the Joints, I would fain know how it comes to paſs, that there is no chilneſs, rigour, or horrour felt in thoſe parts which are endued with exquiſite ſenſe, as is often obſerved to be in thoſe diſtillations running down the back, which

have always ſome ſuch accident joined with them.

From what parts the Gouty humour doth fall.

Our opinion then is this, that that humour which is the cauſe of the Gout doth moſt frequently proceed from the brain, which is the ſpring and original of all Catarrhs, and that it doth not onely deſcend outwardly, but inwardly alſo, from the Ventricles of the Brain, in which the excrements of that noble part are uſually collected; and that ſometimes alſo the defluxion is from other parts beſides the Head and Brain; as from the Liver, Reins, Stomach, ſmall Guts, and Matrix; the which *Hippoc.* and *Galen* do atteſt. Beſides, we ſee our ſelves by daily experi-

Comment. 3. on Sect. 4. l. 6. Epidem.

ence,

ence, that the pains of the Stomach, Reins, and Collick, do often degenerate and terminate in the Gout, the Morbifick matter being tranſlated from one place to another; we muſt conclude then, that the defluxion of humours in this diſeaſe, doth not alwayes proceed from the head, as *Fernelius* thought; otherwiſe he muſt grant, that that thick glutinous Flegm from whence thoſe exquiſite pains do ariſe, are firſt carried to the head, and thence do deſcend by a hidden paſſage under the Skin to the Joints; than which nothing can be immagined more abſurd.

For by reaſon of the Mitrix we ſee that many Wo-

men have the Gout, upon the ſtoppage of their Terms, without any defluxion of any matter from the head; for Women ſaith *Hippoc.* are eaſily ſiezed on by the Joint-Evil, when their menſtruous purgations are either defer'd, ſtopt for a time, or have wholly left them; which if they flow in good order, either by ſtrength of nature, or help of Art, they are free from the Gout.

Aphoriſme 29 Sect. 6.

It ſometimes happens that this Gouty defluxion doth not proceed from any certain part, but generally from the whole Body, as in the ſuppreſſion of the Hæmerrhoids, or of any other univerſal evacuation; and when either by the benefit

of

of Nature, or the assistance of Physick, these evacuations are caused, the disease vanisheth; this doth more clearly appear in Fevers of long continuance, which for the most part do end in the Joint-Evil; and it is well known that in these kind of Fevers, the matter doth possess the whole mass of Bloud, and proceeds from the whole body, and not from any one determinate part: we conclude then, that these Fluxions do not alwayes proceed from the Head, as *Fernelius* would have it, but also from the Brain and other parts, as Liver, Reins, Stomach, Guts, Matrix, and sometimes generally from the whole body.

The way or place through which.

The wayes through which this Gouty humour passeth, are the same with those which all defluxions in general have, which we formerly said were two-fold, Ordinary, and Extraordinary; the ordinary wayes, are the Veins, Arteries, and Nerves, through which the grosser matter doth usually pass; the extraordinary wayes are, Membranes, Ligaments, Bones, and the insensible passages of the parts through which the matter of the Gout doth extraordinarily, and more rarely pass; and here also *Fernelius* differs from the ancient and modern, supposing that these Gouty defluxions could not pass through the

the Veins; but this errour of his is by many good reasons confuted: for it is manifeſt that Fevers do end in the Gout, whoſe matter is contained in the Veins; and it is moſt certain that the Gout is often cured by bleeding, therefore the matter of the Gout does ſometimes paſs through the Veins; moreover at the beginning of the fits of the Gout, the veins which lye about the joints become more apparent and larger, and may be diſcerned to be redder then formerly, which is an evident teſtimony, that the matter of the Gout doth often deſcend through the Veins. Laſt of all the place to which, or the

Another Errour of *Fernelius.*

The term to which. place which receiveth theſe defluxions, is primarily and properly the Cavitie of the Joints; next of all, all the neighbouring parts, as Ligaments, Membranes, Tendons, and the reſt which partly bind, partly encompaſs the articulation: and this is a ſummary explication of one of the cauſes of the Joint-Evil, namely the defluxion of humours.

The ſecond cauſe of the Gout. We come now to the ſecond cauſe, which is a weakneſs of the Joints; which is of neceſſity requiſite to the generation of this diſeaſe, as *Galen* ſheweth where he ſaith, he that is ſiezed with the Gout, muſt needs have weak feet and junctures before it can in-

invade him, as it is in the falling ſickneſs, where the peccant matter, and malignant humours in the Brain, are not ſufficient to hurt it, unleſs there be alſo a weakneſs of the Brain.

Now the Joints are ſaid to be weak two manner of ways, either of themſelves, or by accident; of themſelves, that is naturally from their firſt conformation in the Womb, the genital Seed being endued with ſome vitioſity, which ſince it flowes from all parts of our body, if not materially, yet vertually, and efficaciouſly retains in it, the power and nature of all parts, and this is the reaſon of all thoſe diſeaſes, which we call hereditary; thus

A two-fold weakneſs of the joints.

thus thoſe that have the Gout, Stone, Leproſy, Falling Sickneſs, for the moſt part beget Children obnoxious to the ſame Infirmities.

The Gout is the Daughter of *Bacchus* and *Venus*.

The Joints though ſtrong by nature, yet are weak by accident, by divers abuſes and exceſſes, but chiefly by immoderate Venery and Drunkenneſs; hence the Poets call the Gout, the Daughter of *Bacchus* and *Venus*; for Wine drank immoderately doth vehemently debilitate the Nerves, and all the Nervous parts; beſides, it over-moiſtens the Brain, and fills it with vapours; and the act of Venery weakens the Junctures, and very much diſſipates the ſpirits, by the violent agi-

tation

tation of the whole body; and hence it comes to pass, that the joints thus weakened, are disposed and fitted to receive the Gout-begetting matter; and hence it is that *Hippoc.* saith, Eunuchs and Infants are not troubled with the Gout, because they cannot use Venery: yet sometimes we find Eunuches afflicted with the Gout, saith *Galen*, when they transgress the Lawes of Sobriety, and become Drunkards like other men. There are many other causes besides these, which may accidentally cause a weakness in the joints, as the often use of hot Baths, which too much mollify and weaken the Joints, too much motion,

Aphorism. 28. 30. Sect. 6.

tion, and violent immoderate exerciſe which diſſipate the ſpirits, falls, blows, and hurts of the Joints, an exceſſive cooling of the Joints; for they being ſpermatick parts, are eaſily offended with an intenſe Cold, as *Hippoc.* writes, Cold is an enemy to the Nerves, Brain, Teeth and Bones, being of their own nature Cold: but if any one ſhould object here, that *Aphoriſme* of *Hippoc.* where he ſaith, that a great drineſs hath pains of the joints ſupervenient, and therefore every Gout is not cauſed by a defluxion; to this we anſwer with *Galen*, that every pain of the Joints is not the Gout, though every Gout hath joined with

Aphoriſme 18. Sect. 5.

Aphoriſme 16. Sect. 3.

with it a pain of the Joints, as every pain of the side is not properly called a Pleurisie, though every Pleurisie hath a pain in the side joined with it; in like manner every pain of the Joints is not to be termed the Gout, but there must be other accidents joined with it, as a tumour, heat, &c. Extream Driness then causeth a pain in the joints by accident, the fat and *Oleaginous* moisture being consumed, so that the motion of the joints becomes difficult, and not without pain.

How driness causeth a pain in the joints.

CHAP.

CHAP. IV.

Of the Signs of the Gout, or Joint-Evil.

The signs twofold.

THE Signs of this Diſeaſe are either Diagnoſtick, or Prognoſtick; the Diagnoſtick are thoſe by which we know the Diſeaſe, and diſcern the differences of it; and in common they are two; ſome general, ſome particular; the common or general Signs are thoſe which diſcover to us the diſeaſe in general, and are taken from the definition of the Gout, which we ſaid was a doloriſicous tumour of the joints; the common Signs then are two; *viz.* a tumour,

mour, and a pain of the Joints.

We call those the particular Signs, by which we do more accurately know the differences of the Joint-Evil, as to distinguish one Species from another, which *Avicen*, following the Doctrine of *Galen*, hath elegantly explained; and whereas one Gout is hot, another cold, he hath given us eight Signs by which we may distinguish the one from the other; and the first is the colour of the part affected, for if it look red or yellow, doubtless it is a hot Gout, having either bloud or choler for its efficient cause; but if it look pale, it is a cold Gout, for that paleness

Eight particular signs.

1.

neſs proceeds from Phlegm, which is cold.

2. The ſecond is from the handling of the part affected, for if the patient find a great heat or burning in the diſeaſed part, and the Phyſitian diſcover the ſame, by the touch of his hand, doubtleſs it is a hot Gout; and ſo on the contrary, if the Patient feel it cold, and the Doctor find it ſo by his touch, the Gout muſt be cold.

3. The third is from the application of Remedies, for if the Patient find benefit by the application of cold Remedies, it is a hot Gout, and ſo on the contrary; and the reaſon is, becauſe every diſeaſe is cured by its contraries, although

though by accident it may be, that a hot Gout may be cured by a hot remedy, the hot and ſubtile matter being reſolved; and ſo alſo we grant that a cold Gout may be mitigated by a cold remedy if it be a Narcotick which deprives the part of its natural heat, which heat is the inſtrument of all functions, the ſenſe of the part being by degrees taken away, and ſo conſequently the pain.

The fourth is from the courſe of life, which the Patient formerly led, for if he fed much upon crude cold meats, and lived a Lazy Sedentary Life, by which a great quantity of humours is heaped up, it is eaſily conjectured to be a cold. 4.

cold Gout. But on the contrary, if he hath lived much upon hot cholerick meats, and hath uſed violent exerciſes, doubtleſs the diſeaſe is hot.

5. The fifth is from the temperament of the Patient, for if he be Sanguine or Cholerick, we may judge it a hot Gout, but if he be Phlegmatick or Melancholick, a cold Gout; hither alſo we may refer the Age of the Patient, the conſtitution of the Country, and ſeaſon of the Year; for the younger ſort are commonly troubled with a hot Gout, the elder with a cold; and in hot Countries, and in the heat of Summer, hot Gouts do reign, but in the Winter,

and

and in cold Climates, the cold Gout rules.

The sixth is from the propriety or motion of the pain; for if the pain afflict the Patient more before Noon-tide then after, it is an undoubted sign of a hot Disease, arising from bloud and Cholerick humours, whose property it is to move about that time; but if the pain increase more in the Evening and Night, it argues a cold affect, proceeding from a Phlegmatick and Melancholick humour which rules about that time; for it is the property of the four humours to move singly, and divide the dominion of the four parts of the day, as they do the four seasons of the Year; 6.

Year; thus bloud predominates in the Morning and Spring; Choler at Noon, and in Summer; Melancholy in the Evening, and Autumn; Phlegm in the Night, and Winter: neither will it be amiss to consider well here, the propriety of the pain, whether it be acute and pungent, for then it argues a hot matter; or whether it be slack and remiss, which indicates cold humours, because the activity of cold is much less, and more obtuse, then that of heat.

7. The seventh is taken from the continuance of the pain, for if the fit of pain last long, it is a cold Gout, which by reason of the abundance of Phlegm cannot be resolved

ſolved but in a long time; but if the pain paſs away quickly, it is an argument of hot and cholerick matter, which is ſooner reſolved and diſperſt.

The eighth ſign is from the Urine and common Excrements; if the Urine be in ſmall quantity, thin, yellowiſh, or ruddy, ſharp, corroding, 'tis probable the diſeaſe is hot; ſo alſo of the ordure, if it be tinged of a yellow hue, corrode the adjacent parts, doubtleſs the Gout is hot, and Cholerick; on the contrary, if the Urine be copious, thick, crude, of a pale whitiſh colour, ſubſtantial; and if the ordure be thick and white, and have no mordicancy, nor 8.

ſhew

ſhew of Choler, we may judg it a cold Gout; to which we will add two more, taken from the diverſities of the tumour and pain, which are inſeparable companions of this diſeaſe: if the tumour appear but little, and the diſtenſion be ſmall, but the pain vehement, beating, pricking, extreamly acute, the diſeaſe is hot; but if the tumour appear great, outwardly, the diſtenſion of the part be great, the pain tolerable, rather tenſive then beating, or pricking, the diſeaſe is cold; the reaſon of it is this, becauſe a Cold and Phlegmatick humour, by reaſon of its coldneſs and thickneſs, ſtops in the external parts, and doth not

The Authours two ſigns.

not penetrate so deep into the junctures, so that it causes a great and manifest tumour, yet a less pain, by reason it is cold and moist; when on the contrary, a hot and Cholerick humour by its heat and tenuity of parts, insinuating it self deeper into the joints, begets no manifest tumour, but being sharp and pungent, it causeth most acrid and pungent pains in the part affected.

Prognostick Signs of the Gout, or Joint-Evil.

THese are consider'd two wayes, either before the generation and invasion of the disease, or after-

Prognosticks before the generation of the Gout.

afterwards; following this diviſion we ſay, the Prognoſticks of the Gout before its generation, are thoſe by which we foretell a fit of this diſeaſe, and they are taken generally from four things: firſt from the difference of the Sex, whether it be a man or woman, for though both Sexes are ſubject to this diſeaſe, as *Galen* witneſſeth, that every Age, Sex, every temperament and habit of body is capable of every diſtemper; yet we know that men are more ſubject to this diſeaſe then women, as it is *Aphoriſme* 29. *Sect.* 6. the Cauſe is, becauſe men do indulge more liberty to themſelves in licentious living, then women do, and becauſe

becauſe women have their bloud monthly purified, which preſerves them from infinite accidents and diſeaſes, ſaith *Hippocrates.*

The ſecond Prognoſtick is from the differences of Age; for of all ages the old Age is moſt apt to receive this diſeaſe; becauſe aged bodies, for the moſt part, abound with ſuperfluous moiſture, and have weak Joints; on the contrary, young folks are not ſo ſubject to the Gout, becauſe they are hot, and heat doth eaſily diſſipate the humours of their bodies; and therefore *Hippoc.* ſaith, young folks are not ſeized on by the Gout, before they have the uſe of Venery, which act doth

Aphoriſm. 30. Sect. 6.

melt and attenuate the humours, open the Pores, and ſo cauſe defluxions on the Joints.

2. The third is from the Complexion, or temperament of the perſon; for thoſe that are of a cold and pituitous temperament are moſt of all afflicted with this diſeaſe, as *Galen* elegantly purſues this diſcourſe: ſo that moſt frequently this diſeaſe proceeds from Phlegm; and thoſe of a hot and cholerick temper are leſs troubled with it.

L. 10. C. 6. of the compoſition of medicines.

4. The fourth is from the ſeaſons of the year, for though the Gout, as all other diſeaſes, ſaith *Hippoc.* may befall us at any time of the year, yet it moſt com-

Aphoriſme 55. Sect. 6. 20. Sect. 3.

commonly ſiezeth in the Spring and Fall; the cauſe we ſuppoſe to be, becauſe the Spring by its moderate heat doth liquefy or melt the humours, and ſo cauſe defluxions; and the Autumn finding the Pores, or inſenſible paſſages of our bodies opened by the heat of the Summer, doth eaſily caſt off upon the joints, thoſe maligne humours, which are more copiouſly collected by the frequent uſe of all kind of Fruits, which that ſeaſon of the year doth afford.

The Prognoſticks of the Gout after its generation, when it begins to torment the body, are thoſe ſigns by which we foretell the very eſſence and conſtitu- The ſigns after the generation of the Gout.

tion of the diſeaſe, whether its cure ſhall be eaſy or difficult, what ſymptomes or diſeaſes may ſucceed upon it; and theſe ſigns are twofold, either good, or bad.

The good are ſuch as preſage an eaſy cure, and theſe again are twofold, either common and general ſigns, or particular ſigns: the common ſigns are reduced to theſe 3. The firſt is, that the Gout doth preſerve the parties affected from many diſeaſes and accidents, as *Galen* doth proſecute it at large in his 7th. of Method, and 4th of Health; for if the ſuperfluous humours of our bodies which are wont to generate the Gout, ſhould be retained

The three common good ſigns.

1.

retained and carried to the inner and more noble parts, they would cauſe great and deadly diſeaſes; as for example, if they ſhould fall upon the Lungs, they would cauſe an inflammation, or Aſthma, or difficult breathings, or the like deſperate diſeaſes; if upon the Stomach, they would produce crudities, loſs of Appetite, Vomitings, Diſenteries, and the like; if upon the Liver, there would follow an inflammation, with diſeaſes of no ſmall conſequence; if they ſhould remain within the greater Veins, they would cauſe continual Feavers; if they fall upon the membrane that lines the Ribs, they would produce a

Pleuriſie: and thus we may run over the reſt of the parts of the Body, which are affected with more or leſs dangerous diſeaſes, according as the offices and functions of thoſe parts are more or leſs neceſſary to the preſervation of life, which life by the Joint-Evil is thus preſerved from infinite infirmities; thoſe noxious humours being received by the junctures of thoſe members, which are leſs neceſſary to the life of man, and hence is the Proverb, that Gouty perſons are long-lived.

2. The ſecond common ſign is excellently explained by *Hippoc.* where he ſaith all Gouty diſeaſes do loſe their inflammations within

Aphoriſme 49. Sect. 6.

within forty dayes, and are afterwards cured; for as *Galen* ſaith in his Commentaries, as inflammations in the fleſhy parts do terminate in fourteen days, ſo thoſe in Nervous and Membranous parts in 40 dayes, for which there are two good reaſons; the firſt is, becauſe the fleſhy parts have more natural heat then the Nervous or Membranous, which of their own nature are cold and bloudleſs; and where heat abounds, there the matter is moſt ſpeedily reſolved or ſuppurated. The ſecond reaſon is, becauſe the conſtitution of the fleſhy ſubſtance is thinner and more Porous, then that of the Ligaments or Membranes,

whence the matter is more readily collected in the fleſhy parts, ſo that in a ſhort time it may be reſolved and diſſipated: on the contrary, that which is in the ligaments and membranes, as it is more difficultly collected, ſo it is more ſlowly diſſipated, and requires a long time to be evaporated, becauſe their ſubſtance is compact and thick, and not ſo Porous as that of the fleſh: but this prognoſtication here, is not to be taken ſimply and abſolutely ſo, but as they ſay, for the moſt part, becauſe moſt commonly the Gouty pains do vaniſh within 40 days; but if the matter of the Gout be thin and hot, it is

cured

cured much ſooner; and when the patient is irregular and doth not imploy an ingenious Artiſt, the diſeaſe is protracted much longer; ſometimes alſo the ſcituation of the matter in a very deep place, prolongs this diſeaſe beyond 40 dayes.

The third common good ſign experience teaches us, which is a tumour and fulneſs of the Veins about the joint affected; the reaſon of this is, becauſe the matter which was contained in the cavity of the joint, and in the membranes and tendons, being caſt forth to the external parts, hence it is that the Veins of the junctures are dilated and puft up, which muſt needs 3.

needs be very beneficial to the patient, the peccant humour being tranſlated from the juncture to the outward parts, where it may be eaſily digeſted and reſolved; and the ſame reaſon ſerves for the tumour.

The particular good ſigns.

The particular good ſigns are thoſe which foretell us an eaſie and ſpeedy Cure of the Gout in its ſeveral ſpecies, and they are all ſumm'd up in this, that Gouts from a hot cauſe are eaſier and ſooner cured than thoſe from a cold cauſe, by reaſon of the tenuity of the matter, which is ſooner reſolved.

The bad Prognoſticks are thoſe by which we foretell, that the cure will be difficult, and that ſad acci-

accidents may befall; and we ſhall divide theſe into two ſorts, as we did the former, *viz.* into common and particular; the common are thoſe which ſhew us what Evils may befall every Species of the Gout in general, of which we ſhall make eight principal ones experimentally obſervable. The firſt is, that every Gout is to be reckon'd amongſt Chronical diſeaſes, which are of a long and difficult cure, they are *Hippoc.* his words, in his laſt book of diſeaſes; the diſeaſe is long, becauſe the part affected is cold and bloudleſs, having in it little natural heat, for it is Nature that cures diſeaſes, ſaith the ſame *Hippoc.* that is

The Common Evil ſigns are eight.

1.

is the natural heat, which is the Inſtrument of Nature; and it is difficult of cure, becauſe the morbifick humour is for the moſt part cold and thick, rebellious to all remedies, and becauſe it lyes deep in the Joints, which are environed with many thick parts, as ligaments and membranes, through which the matter muſt of neceſſity paſs, before it can be reſolved or digeſted.

2. The ſecond is, that old men can never be cured of the Gout, and the reaſon is, becauſe that both their age and temperament are cold, and the Cure muſt be performed by natural heat; beſides, their whole maſs of bloud is cold, their internal

internal parts flaccid and languid, ſo that they cannot be rectified, no more then Wine that is turned to *Vappa*, or degenerated into Vinegar.

The third is, that the hereditary Gout is uncurable, and ſo is every diſtemper proceeding from the firſt conſtitution, or conformation of parts; the reaſon is, becauſe natural defects ariſing from an evil diſpoſition of the ſeed are incorrigible, and conſequently the diſeaſes that proceed from them. 3.

Fourthly the knotted Gout is incurable, and the reaſon of this prognoſtication is taken from the quality and nature of the humour which doth generate 4.

thoſe

thoſe knobs, which being extreamly dried and hardned to the nature of a ſtone, cannot by any means be attenuated or ſubtilized, much leſs digeſted or reſolved.

5. Fifthly the Gout doth often cauſe a Feaver and Colick pains, becauſe the peccant matter is ſometimes caſt into the Veins, whence comes a Feaver, and ſometimes into the Guts, whence comes the Colick.

6. The ſixth is, that every member that is long afflicted with the Gout, grows lean and waſteth, and this comes to paſs by reaſon of the weakneſs of the concoctive faculty of the part, which debilitated by the long

long continuance of the diſeaſe, is not able to convert the nouriſhment into laudable juice, nor to aſſimilate it, from whence the member for want of nouriſhment muſt needs grow lean and pine away by an Atrophy.

The ſeventh is, that the Gout once ſeizing upon a part, although it never afflict it more, yet there remains a diſpoſition to it: for every diſtemper, if it ſtay long in any part of the body, doth diminiſh the virtue and ſtrength of the part, and conſequently its action, ſays *Avicen*; and hence it is that oftentimes they ſuddenly relapſe; for every defluxion of malign humours, when it comes to 7.

the

the joints, if it finds them weak, cauſes a new fit.

8. The eighth ſign *Rhaſis* hath excellently expreſt in his diviſions, ch. CII. where he ſays, that this diſeaſe ſometimes draws after it an Aſthma, or a Palſie, an Apoplexy, Phrenſy, or ſudden death; and this comes by the derivation, or reflux of the matter to the noble parts, oftentimes by the ignorance of the Phyſitian or Chirurgion, ſays *Galen*, when they inſiſt too much on aſtringent and repercuſſive remedies, to hinder the defluxion of the humor from ſome part; for by this means the matter is rejected to the Lungs, and thence follows an Aſthma, and difficult breathings;

or

or to the Nerves, and thence follows a Palſie; or to the Ventricles of the brain, and thence is an Apoplexy; and laſt of all to the membranes or ſubſtance of the brain, whence comes a Phrenſie; and any of theſe do ſometimes uſher in ſudden death.

The particular ſigns are chiefly two, the firſt from *Avicen* is this; of all the ſorts of Gouts, the Sciatica is the worſt, and exceeds them all in malignity; firſt of all for the vehemency of pain. Secondly, for its long continuance. Thirdly, for the grievouſneſs of ſymptomes, as acute Feavers, want of reſt, luxation with perpetual lameneſs, a waſting of the thigh and

The two particular bad ſigns.

1.

and leg, ſometimes alſo of the whole body: the pains are extream by reaſon of the great Nerve proceeding from the extremity of the *Os ſacrum*; and of long continuance by reaſon of the deep ſcituation of the part, for it is the greateſt and deepeſt articulation of the whole body of man, therefore the matter contained there, can hardly get forth, neither can remedies be conveniently applied, for the thickneſs of the fleſh, and the parts about the juncture, neither can they eaſily penetrate to it: it cauſes Feavers and want of reſt, by an inflammation of the ſpirits which commerce with the heart; and by the

greatneſs of the pain, there is a continual jactation of the body from place to place without eaſe; there is a Luxation in it becauſe the pituitous humour doth relax and mollify the Ligaments, and by its viſcoſity makes the bone ſlippery, that by this means the head of the thigh-bone is moved out of its cavity, and natural place; hence they miſerably go limping all their life time; although many become lame too by the Sciatica, without a Luxation, thus, the pituitous or Phlegmatick humour fit for the nutrition of the joints, as well as to lubricate them, for the facility of motion, being hardend and incraſſated by the

How a Luxation comes.

How Lameneſs comes.

the inflammation which is in the juncture. Sometimes alſo it happens, becauſe the humour is not attenuated or ſubtilized by accuſtomary motion, ſo that there is an accumulation or congeſtion of thick viſcous humours, which hindering of motion, the patient muſt needs claudicate: laſt of all it cauſeth a waſting of the thigh and leg, becauſe thoſe parts are ill nouriſht, becauſe the bone moveing out of its cavity doth compreſs the Veins and Muſcles, and draws them downwards with it, that the nouriſhment cannot be diſtributed as it was wont, whence the whole thigh falls into an Atrophy; ſometimes alſo this

this extenuation extends it ſelf to the neighbouring parts and whole body, there being a certain Heterogeneous peregrine heat, which invades the adjacent parts, and diffuſes it ſelf through all the members of the body.

2. The ſecond particular bad Prognoſtick is, that cold Gouts are neither ſo ſoon, nor ſo eaſily cured as hot, becauſe the humours which generate them being cold and thick, they cannot in a ſhort time be digeſted and diſſolved; and by reaſon of their clammy viſcoſity they pertinaciouſly ſtick in the parts affected, and cannot without great difficulty be extracted.

CHAP.

CHAP. V.

Of the Cure of the Gout, or Joint-Evil.

The cure of the Gout.

THis we ſhall divide into three general parts; the firſt is how to cure the diſeaſe when it doth actually poſſeſs the body, and how to take away the pains which do accompany it: The ſecond is to prevent the diſeaſe before it comes; The third is to ſtrengthen the joints, and reſtore them to their ancient ſtate, when the defluxions are paſt. The curative part then of the Gout is twofold, the one Ordinary, the other Extraordinary; the firſt

Conſiſts in three things.

cures

cures the diſeaſe totally and entirely, by taking away the cauſes of it; the other neglecting the cauſes, oppoſeth that which is moſt vehement in it, and provides againſt future accidents; the methodical cure aims at theſe four things. Firſt of all at the kind or courſe of life. Secondly, at the emptying of the antecedent matter. Thirdly, at the repelling and evaporating of the conjunct matter. Fourthly, at the correcting of accidents which are concomitant.

The Ordinary Cure and Extraordinary.

The methodical Cure.

As for the courſe of life, it conſiſts in a laudable obſervation of the ſix non-natural things; *viz.* of the Air, meat and drink, ſleep and watching, motion and

First a good Courſe of life.

reſt, evacuations, and affections of the mind.

The obſervation of the Air.

The Air being the common and powerful cauſe of all diſeaſes, muſt be pure in ſubſtance, temperate in reſpect of heat and cold, a little more inclining to drineſs then moiſture, which if it be not naturally ſo, you muſt by fires, and deſiccatory ſuffumigations make it ſo; the Air then having a great power in the alteration of our bodies, the Gouty perſon muſt endeavour to inhabit in a dry place, and not a watry one, nor expoſed to winds that come off the Seas; he muſt ſhun alſo too hot, as well as too cold Air, for the too hot doth melt the humours, and make them fluxil, as the

the too cold doth ſqueeze them out, both equally cauſes of defluxions; beſides, too much Cold is a capital enemy to the joints.

Concerning meat and drink it is thus: the patient muſt eat and drink leſs then his cuſtome was, but eſpecially he muſt wholly abſtain from wine, inſtead of which let him drink, Mellicrate, or Water and Sugar; but if by reaſon of his Age, or cold temperament, he cannot refrain wholly from Wine, let him drink the thicker Wines diluted with water, and cover'd two or three hours before he drinks it; let him beware of all ſtrong Wines, as Hippocras, Muſcadel, &c. of red wines, of

Of meats and drinks.

ſubtile, fuming and pungent white Wines; for theſe are all enemies to the brain, and by accident to the Nerves; and as he muſt eat leſs then formerly, ſo he muſt feed ſparingly upon fleſh, (eſpecially if it be a hot Gout) and that muſt be roſted rather than boiled: let him take broth at moſt, but once a day, inſtead of which let him uſe the decoction of Oatmeal, or ptiſſan of Rice, Barly, or flour to incraſſate the ſubtile defluxions; he muſt forbear all ſalt things, ſpiced things, and things ſharp and biting.

Sleep and watching. As for ſleep he muſt moderately indulge it, eſpecially in a hot Gout, he muſt, if poſſible, avoid long watch-

watchings, because they do attenuate the bloud, and consequently increase the disease by raising defluxions.

While the pains continue, let the part affected be kept quiet, free from all motion: if his body be not of it self open, let it by Art be made soluble: let him abstain from the act of Venery, and as much as he can, let him avoid sadness, melancholy, and other passions, and violent commotions of the Spirits. Motion and rest. Evacuations and passions.

But the Gout being a long or Chronical disease, which cannot be cured by only living regularly, we must proceed to remedies, which is the second aim of

The Evacuation and diverſion of the antecedent matter.

the Phyſitian, *viz.* Evacuation and diverſion of the antecedent matter; to this end ſerve Vomits, ſharp and pungent Cliſters with *Hiera Benedicta*; alſo Phlegmagoge, and Cholagoge Purges, according to the nature of the Gout, whether it be hot or cold; bleeding alſo is very beneficial; but above all Purgers, Vomits do moſt good in emptying the antecedent matter, eſpecially if the defluxion proceed from the Brain and Stomach; and Vomits are thought to be moſt effectual, when the Moon is in ſome ruminating ſign, as that of *Taurus*, or *Capricorn*; ſharp Cliſters and Purges made of Medicines that have a faculty

2.

The praiſe of Vomits.

Cliſters.

faculty to Purge the peccant humours, as chiefly the Serosities of the bloud, are very proper to evacuate and divert the antecedent matter of the Gout; and opening a Vein in the contrary part, where by contrary I do not mean the opposite part of the body according to latitude, but rather according to longitude; as for example, if the Gout be in the right foot, we must not open a Vein in the left foot, which is opposite, but in the right Arm, which is contrary to the part affected in longitude; for as the right foot hath its situation below, so the Arm of the same side where we must bleed is seated on high, and high

Bleeding.

A Caution.

and low we call contraries.

3. Repelling of the conjunct matter.

In the third place follows repulsion, and resolution of the conjunct matter; for at the beginning we must use repercussive remedies, except in the Sciatica; for here the matter would be driven deeper into the juncture of the hip, that it could hardly be cast out again, from whence most grievous symptoms would ensue: but whereas repercussive remedies are twofold, some benigne, others violent and extream, we must not here use the latter sort, but only the familiar, and benigne ones, lest the conjunct matter which hath begun to fall upon the joints be repel-

Galen l. second Loc. C. 2.

repelled to the principal members, and more noble parts, where it might cause worse symptoms; or lest the said matter should become thick or harden'd, and so be contumacious beyond the power of dissolution. Comment 15. l. 2. de natura hom.

In the second time of the disease, which is its increment, we must use repercussives and resolvers unequally mixt; that is, the repercussives must be in greater quantity then the other, because the matter is yet in its flux to the part, and therefore hath most need to be repell'd; but when the disease is come to its state, or height, then the repercussives and resolvers must be equally mixt, that The use of repercussives and repellers.

ſo the defluxion of humours may be repell'd, and the conjunct matter may be reſolved: in the declination of the diſeaſe we muſt apply only reſolvers, becauſe there is no need to ſtop the defluxion, but only to reſolve and digeſt that which is contained within the joints; thus the remedies will be conformable to the ſcope of the Phyſitian, and to the ſeveral periods of the diſeaſe.

But whereas all Gouts are either cold, proceeding from a cold, Phlegmatick cauſe, or hot, ariſing from a hot cauſe, we ſhall firſt treat of thoſe remedies which are convenient for the cold Gout, becauſe cold Gouts are more frequent,

quent, then hot; and we will begin with repercuſſives proper for the beginning of the diſeaſe.

Take of the leaves of Savine one handfull, of Nightſhade, and Plantane, each half a handful, Cypreſs Nuts two Drams, Roch-Alum one dram and a half, Gum-Dragon three drams; the Mucilage of Fleawort and Quinces, each one Ounce; boyl them all and beat them to a Poultice; apply this to the part at the beginning of the diſeaſe, and if you pleaſe you may add to it a little Oyl of Roſes. A repercuſſive Poultice.

Take of Oyl of Roſes and Mirtles, each two ounces, Myrrhe Aloe, Acacia, pouder'd, each one dram and A more effectual repercuſſive.

and a half; incorporate them with the water wherein green Galls have been boiled, and make an ointment, and apply it to the part; or to make it ſtronger, you may add Vinegar of Roſes three drams, Camphir four Grains, and ſo lay it on. Let us now proceed to repercuſſives and reſolvers which are proper for the augment or increaſe of the diſeaſe.

A reſolving and repercuſſive Pultis.

Take a pound of Cowdung, hony of Roſes three Ounces, Oyl of Roſes and Vinegar each one ounce and a half, mix them and boyl them a little for a Poultice; but if any one ſhall be ſo fooliſhly curious, as to judge this not cleanly enough,

enough, let him uſe the following remedy.

Take of Sage, Marjoram, Wormwood, Nightſhade, Plantane, each one handful; Chamomil and Melilot Flowers, each a Pugil; Linſeed, and Fænigreek-Seed, each one Ounce; Roſe Vinegar two Ounces; boyl them all in two parts of Water, and one part of red aſtringent wine; with this decoction foment the part afflicted twice or thrice a day. The reſidence of Green Olives is highly extoll'd for the ſame purpoſe, both to mitigate pain, to repel and digeſt; alſo dryed Oranges boyled in Vinegar, afterwards bruiſed and laid on the part, have the ſame Virtue; A fomentation of the ſame virtue.

Virtue; Liniments and un
ctions compounded of re
percuſſive and reſolvin
Oyls, are very good too i
this Caſe; as,

A Liniment repercuſſive and reſolving.

Take of Oyl of Roſe
and Violets each two Oun
ces; the decoction of Mal
lows, Marſhmallows, an
Violets two Ounces, an
make a Liniment to anoin
the Joints.

An Ointment of the ſame virtue.

Make an Unguent thus:
take of Ointment of Roſe
new made three Ounces,
the Mucilage of Fleawort
Seed one Ounce, and a half
mix them well and anoin
the Joints.

But when the diſeaſe i
come to the ſtate, th
Medicines then muſt b
chiefly reſolving; min
with ſome repercuſſive
a

as theſe that follow are.

Take of the Roots of Briony, Marſhmallows, Lillies, Wild-Cowcumber, each one Ounce and a half, boyl them in a Common Lye, then bruiſe them and ſtrain them through a Hair Sive, and add to them the flour of Barly and Fænigreek each one Ounce, Oyl of Chamomil a ſufficient quantity to make a Poultice, and apply it to the part; and you may add to it, if you pleaſe, one Ounce of Aloe, and half an Ounce of Myrrh, Live Sulphur and Common Salt each three drams; and if this fail you muſt proceed to ſtronger, as thus, A Cataplaſm.

Take of the leaves of Dandwort two handfulls, boyl

boyl them in common water, bruiſe them and ſtrain them through a Hair Sive, then add of Hermodactils finely powder'd one Ounce, Chamomil two Ounces, Saffron one Dram, make a Poultice.

Or take of the Crum of White-Bread, one pound, boyl it in milk, then add Oyl of Roſes three Ounces, freſh Butter one Ounce, two yolks of Eggs, and make a Poultice.

A Plaiſter. To this purpoſe alſo we uſe Plaiſters, Ointments, and Liniments: as Take of the Gums Armoniack, Bdellium, Styrax each two Ounces, diſſolve them in Vinegar, then add of the Flowr of Barly and Fænigreek, each one Ounce,

Oyl

Oyl of Chamomil, and Dialthæa, each two Ounces, a ſufficient quantity of Wax, and make a Plaiſter.

Another more effectual; Take of the Gums Amoniack, Opopanax, each two Ounces, diſſolve them in Vinegar, then add Oyl of Lillies three Ounces, Hogsgreaſe two Ounces, Venice Turpentine one Ounce, Wax as much as will make a Plaiſter. Another more effectual.

Others more reſolving; take of the Roots of Marſhmallows and Lillies, each half a pound, Mallowleaves two handfulls, Chamomil and Melilot Flowers, each one Pugil; Linſeed, and Fænigreek, each one Ounce, boyl them all, and

and bruiſe them, and make a Poultice.

A fomentation. We may ſometimes alſo uſe this following fomentation; Take of the Roots of Marſhmallows and Lilies, each one Ounce, Briony Root, and Wild Cowcumber each two Ounces, the Mucilage of Fleawort-Seeds, and Quince-Seeds, each one Ounce; Mallows, Violets, Calamint, Penny-Royal, Organy, each one handful; the Flowers of Violets, Stœchas, the Leſſer Centaury, each one Pugil, boyl them all in three parts of Water, and one part of Red-Wine, and with this decoction foment the part Morning and Evening, with a thick cloth; and to make it the more effectual, you may

may add the Roots of Squills one Ounce, and the Bark of Guaicum six Drams.

Take of the Gums Ammoniack, Bdellium, Opopanax, dissolved in Vinegar each one Ounce, Castor and Myrrh each six drams, Hens and Goose-grease, each one Ounce and a half, Oyl of Lillies and Foxes, each two Ounces, make a Plaister, and lay it on the part. A Plaister.

But this that follows is worth them all; Take of Ships-pitch two Ounces, the Gum of the Pine one Ounce, Venice Turpentine six drams, Oyl of Lillies and Worms, each two Ounces, Wax one Ounce and a half, *Aqua vitæ* one Ounce, The most effectual one.

Ounce, and make a Plaister. Continue the use of this till the humour be quite spent, and the motion of the part be restored.

An unguent. Take of old Hogs-grease and Goose-grease, each one Ounce, Myrrh and Frankincense, each one Ounce and a half, Turpentine six drams, Wax as much as will make an Ointment, anoint the Joints with it; and to make it more effectual, you must add Oyl of Bayes, and Oyl of Foxes each one Ounce; after the like manner you may make Liniments.

A Liniment. Take of Oyl of Bayes, Foxes and Rue, each half an Ounce, make a Liniment; last of all, take Pigeons dung, boyl it well in

n Vinegar, and foment the art with it; this is the laſt nd beſt remedy to empty he conjunct matter of a old Gout; Veſicatories ay be applyed too, made hus;

Take of old Leaven one unce, Cantharides two rams, malax them well in he ſtrongeſt Vinegar for a Veſicatory; apply this to he Joints, and let the Bli- ters raiſed be kept open, s long as you can: and here ends the Topick for he cold Gout. Veſicato- ries.

We come now to the Remedies for a hot Gout, which we ſhall divide into our kinds, as we did in the old Gout, according to the four times of the Diſeaſe, beginning with thoſe reper- cuſſive

cussive remedies which we are to use at the invasion of a hot Gout.

A repercussive Pultis for the beginning.

Take of Sumach, Plantane, and the greater Houseleek, each one handful; Myrtle, Bole Armeniek, each an ounce; Acacia, Pomegranate flowers, Pomegranate peel, each one ounce and a half: boil them, and bruise them, then add the flour of Barley and Lentils, each two ounces, Plantane and Rose-water, each one ounce, Oyl of Roses one ounce, and make a Pultis, and apply it to the part.

Another.

Another of the like vertue, Take of Barley and Bean flour, each three ounces, Oyl of Roses two ounces, Oxycrate a sufficient quan-

quantity, boil them to a Pultiſs.

This following is more effectual; Take the juyce of Houſleek, Lettice, Sorrel, Plantane, each two ounces, Cypreſs-nuts, green Galls, Pomegranate peel, each one ounce, the Mucilage of the ſeeds of Fleawort, Quinces, each two ounces; boil them, and bruiſe them, then add Oyl of Roſes Omphacine three ounces, Whites of Eggs three, Vinegar a ſufficient quantity, and make a Pultiſs. A more effectual one.

Liniments alſo at the beginning do much good, as theſe which we know of our own experience: Take of the juyce of Lettice and Nightſhade, each two ounces, A Liniment.

ces, Plantane and Roſe-water, each one ounce, three Whites of Eggs, beat them together for a Liniment, and anoint the Joints.

Another. Take of Nightſhade and Plantane-water, each three ounces, Oyl of Roſes Omphacine two ounces, the Mucilage of the ſeeds of Fleawort and Quinces, extracted with the ſame Waters, each two ounces, and make a Liniment.

An unguent. Take of *Galens* cooling Oyntment, and Oyntment of Roſes newly diſpenſed, each two ounces, Populeon half an ounce, and anoint the Joynts.

This following is of great eſteem amongſt all men: Take Oyl of Roſes four ounces, white Wax two

oun-

ounces, Opium 2 ſcruples, Saffron one ſcruple, ſteep the Opium and Saffron in the ſtrongeſt Vinegar, then prepare them, and incorporate them with the Wax and Oyl, and make a Cerot, ſpread it upon a Linnen-Cloth, and apply it to the part affected, and the parts about it, and renew it often.

A Cataplaſm in the augment of Diſeaſe.

In the Increment of the Diſeaſe, we muſt mix reſolvers with the repercuſſive Remedies, as followeth: Take of Mallow leaves three handfuls, boil them in water and bruiſe them, then adde Oyl of Roſes two Ounces, Vinegar one Ounce, make a Pultiſs.

This is of great value amongſt Practitioners, Take

of red Coleworts two pugils, boil it in water and Vinegar, then bruise it, and adde two or three yolks of Eggs, Oyl of Roses 2 ounces, Barly flour three ounces, and make a Pultis, *Galen* commends it highly.

A Liniment. Take of the mucilage of the Seeds of Fleawort two ounces, the Flour of Linseed & Fænigreek each three ounces, Oyl of Chamomil and Dill each one ounce, Oyl of Roses two ounces, make a liniment.

An Unguent. Take of Oyl of Chamomil and Melilot each two ounces, Aloes, Myrrh powdered, each one ounce, Barly flour two ounces, Wax as much as will suffice, make an unguent.

In the state of the Disease. When the Disease is at its

its height or ſtate, the remedies muſt be more reſolving than repelling; and thoſe of greateſt vertue amongſt the Ancients, are theſe, *viz.* The juice of Danewort mixt in equal quantity with Oyl of Roſes, the Unguent of Snails, Frogs, Foxes, Bats. The Ointment of a fat Gooſe thus prepared is of great value; take a very fat Gooſe, unbowel it, and ſtuff up his belly with Euphorbium, Caſtor, and Myrrhe, each one ounce, the fat of a Cat, and Hogs-greaſe, each half an ounce, Pellitory of the Wall, Chamæpities, Rue, Horehound, Wormwood, Organy, Calamint, Pennyroyal, common Salt, and ſalt Nitre

The Ointment of a fat Gooſe.

each one pugil, roſt it with a ſlow fire, and reſerve that which drops from it, and reduce it to an Ointment.

Remedies for the Sciatica.

I ſhall now ſpeak ſomewhat of the remedies for the Sciatica, where repercuſſives are wholly diſallowed, becauſe the humour being in the deepeſt joint of the body, by ſuch means would become more fixt, but the beſt means in this caſe are Veſicatories, which do powerfully attract the humours from the moſt inward parts, to the outward, of which I ſhall give you one example.

Veſicatories.

Take of old Leaven two ounces, Cantharides two drams, Muſtard-Seed, Staves-Acre, each half an ounce,

ounce, malax them with the ſtrongeſt Vinegar, and make a Veſieatory, and apply it to the joint: but in the uſe of Veſicatories, you muſt obſerve this rule, that firſt of all you make uſe of Pultiſſes, Plaiſters, or reſolving Unguents to prepare the peccant matter before you apply them, that it may be the better diſpoſed for that manifeſt evacuation which is made by Veſicatories. Secondly, That you keep it running as large as you can, and large Cupping-Glaſſes alſo applyed with good ſtore of Fire, do very much draw forth the humour to the outward parts. A Caution

But if the miſerably unhappy patient after the uſe Cupping-Glaſſes.

of all these Remedies find no relief; *Hippoc.* counsels us in this Disease to come to the last Remedy, which is Caustick; for here if we make long delays, the whole thigh will be wasted, and dryed up; and hence follows a perpetual lameness, the head of the bone being thrust out of its cavity; Cauteries then whether potential or actual, which the patient will admit, must be applied about the juncture of the Ischias, so that they may penetrate into the flesh the depth of a fingers breadth, or thereabouts, according as the Patient is more or less fat, with circumspection that no nerve be hurt; or if you please, they may be

The use of Cauteries.

Hippoc. Aph. 60. Sect. 9.

be applyed four fingers breadth below the Knee, beſides the Crural Vein; and they muſt be kept open a long time, that the conjunct matter may iſſue forth. Other evacuations have alſo their ſignal benefits in this Diſeaſe, as bleeding; for derivation open a vein in the Ham or Ankle, which for the eminent good it doth, is called the Sciatick Vein. Bleeding.

Mercurius dulcis with Scammony carries off the efficient cauſe, though Vomits are generally preferred, becauſe they carry off the humours by a part more remote from the part affected. *Oleum de Lateribus* being applied alone hot, after the application Purges & Vomits. *Oleum de Lateribus.*

of ſix Cupping Glaſſes, and covering the part with very warm Cloaths, hath in one day cured an inveterate Sciatica.

Leeches. Veſicatories mixt with other Plaiſters.

Zacutus Luſitanus by applying of eight or ten Leeches, hath taken away the pain in ten hours; and ſome mix their Veſicatories with other Plaiſters, that they may work more gently, and lying longer upon the part, that they may become more effectual.

The matter of the Sciatica doth ſometimes ſuppurate, and break, whence the Patient dies Conſumptive. *Hippoc.* 3. *Epidem.*

The Gout in the back miſtaken.

Some particularly treat here of the Gout in the vertebras of the back, which hath the ſame Cure with

with the other ſpecies, but here we muſt haye a care we miſtake not, for many times a ſerous matter falling from the head, and deſcending according to the duct of the Cucullar muſcle, and ſticking in the end of the muſcle by the backbone, a pain is cauſed in the back, which pain is not Arthritick, but is often on a ſudden ſeizing us in our ſleep, and leaving us when we awake and riſe. A Caution.

The fourth ſcope or intention of the Phyſician, is to correct the accidents, and this is accompliſht by Remedies of two ſorts, according to the number of accidents which uſually accompany this Diſeaſe, which are but two, *viz.* The 4th ſcope is the correction of accidents.

pain and a hardneſs of the joints: thoſe which mitigate or take away pain, are either reſolving and evaporating Medicines, which partly take off and evacuate the cauſe, and by their temperate heat ceaſe the pain, from whence they are called Anodynes; or they are Narcoticks, which take away pain, not by evacuating the cauſe of it, but by dulling and ſtupifying the parts, ſo that they become inſenſible of their pain; having ſpoke ſufficiently of the former, we proceed now to Narcoticks; but becauſe it is very dangerous to uſe Narcoticks alone, we ſhall, according to the Doctrine of the moſt prudent Phyſicians, mix them

The mitigation of pain.

A Caution

them with reſolvers, as followeth.

Take of the crum of White-bread one pound, boil it in milk, then adde to it Oyl of Roſes omphacine three Ounces, Opium one dram, Saffron half a dram, two yolks of Eggs, and make a Cataplaſm to ceaſe pain. A Narcotick Pultiſs.

Take four White Poppy heads, Flowers of Henbane half a handful, Leaves of Houſleek, Nightſhade, each one handful; boil them all in water, then adde the mucilage of the Seeds of Fleawort, Quinces, each half an ounce, Saffron two ſcruples, Opium half a dram, make a liniment. A Liniment.

This Unguent is excellent, Take of Caſſia newly drawn, An Oyntment.

drawn three ounces, the mucilage of Fleawort Seeds two ounces, Oyl of Roſes Omphacine four ounces, the parings of a freſh Gourd one ounce, Saffron one dram, mix them to an Ointment, and annoint the part with it two or three times a day: ſome highly extol live Frogs cut in two and applied to the joints: Others taught by experience, cry up the mucous Water which comes from red Snails, which applyed to the part, takes away both the pain and inflammation; you muſt make it thus: Take fifty red Snails and put them in a Copper Veſſel with a little common Salt, leave them ſo a whole day, then ſtrein them through

The Snail Water.

through a Linnen Cloth, and dip Clothes in that ſtreined, and lay them on the joints, changing them often; and if there be a great inflammation, boil the Snails in Vinegar and Roſe-Water, *Ambroſe Pary* extols this remedy upon his own experience.

Take four Apples that are half rotten, the mucilage of the Seeds of Flea-wort and Quinces, each one ounce and a half, Plantane and Roſewater, each two ounces, mix them well and make a Cataplaſm: new Cheeſe well mixt with Oyl of Roſes and Flour of Barly, or rather with Roſe-water, is excellent againſt the pain and inflammation. The Leaves and Roots of Dane- A Pultiſs of Apples.

Danewort with Henbane Flowers boiled in water, do perform the ſame, being well bruiſed together and applied. *Hippoc.* and *Galen* ſay, that cold water poured upon the part in great quantity, doth take away the pain, if there be no Ulcer: but this is only to be uſed in a hot Gout, for it doth not only repell the hot ſubtile humours, but it dulls the ſenſe by enduring a mean ſtupidity in the part.

Aph. 25. *Sect.* 5.

Some commend Goats Milk, milked upon the part, or Linnen Clothes dipt in it and ſo applyed.

Cataplaſms.

Foreſtus cries up this following Cataplaſm, even to admiration: Take of Water Len-

Lenticula, Chamomil flowers, boil them in Milk, and adde a little Barly Flour to it. *Montagnana* commends this, Take ten yolks of Eggs, beat them in a Frying pan with half a pound of Oyl of Roſes, let them boil gently till they thicken, then adde two drams of Saffron, and apply it hot.

Salts. Salt and Soot well wrought with the Whites of Eggs is a good *Extempore* remedy. Salt of *Saturn* diſſolved in pure ſpirit of Wine; or take four ounces of ſpirit of Wine, made yellow with Saffron infuſed in it, Camphire one ſcruple, boil them a little, Liquors. then diſſolve in it one dram of Opium; with this Liquor bathe the part, it

is a safe and most excellent remedy.

Calves-feet Oyl, and the Balsom of *Saturn* prepared with Oyl of Violets or Roses are good: and after all Topicks and Evacuations, Leeches applyed to the part are excellently good, especially if the veins about the part be turgid or distended with blood.

Leeches.

I shall adde only this, Take of the Oyntment Populeon half an ounce, *Theban* Opium two scruples, mix them and annoint the part; but as soon as the pain is ceased, take it off.

The other accident which doth usually attend the Gout, is a hardness in the joints, which though it cannot be cured or wholly re-

The hardness in the joints.

removed, as *Ovid* ſaith,

No art of Learned Phyſick can
Diſſolve the knotted Gout in man.

Yet it may be eaſed and corrected, by benigne emollient Remedies which are moderately hot and moiſt; for we muſt above all things have a care, that the reſolvers be not too vehement; for the ſubtiler and thinner parts being diſſipated by them, the thicker remain and lapidifie; ſo that the Tophi or Knobs become more dry and condenſed; to this end we uſe Cataplaſms, and Fomentations of emollient and nervine Herbs, boiled with

with the Intrals, Feet, and Heads of Rams or other Beasts.

A fermentation for knotted joints.

Take of Marshmallow and Lilly Roots, each one ounce, Bryony and wild Cucumber Roots, each two ounces, the Bark of Guaicum two ounces, Violet Flowers, Chamomil, and Melilot, each one Pugil; the Leaves of Mallows, Violets, Calamint, Organy, each one handful; Mallows Seed half an ounce, boil them all in two parts of the Broth made with a Rams Intrals and Feet, and one part of common Oyl, and foment the knotted joint with this morning and evening.

A Pultis for the same.

Take of Marshmallows, Lilly, Bryony Roots, each three

three Ounces; Mallows, Violets, each two handfuls, boyl them and bruiſe them, then add Oyl of Lillies and Chamomil each two Ounces, Hermodactyls finely powder'd one Ounce, make a Poultice.

The Ointments aforemention'd, *viz.* of Foxes, Geeſe, *&c.* are of great efficacy to mollify the joints; and the fat of Fiſhes is no leſs commended, eſpecially that of Mullets.

An Ointment againſt the Nodes.

We ſhall add to the former theſe following remedies; Take of Gooſe, and Hens-Greaſe each two Ounces, Calves-Marrow, one Ounce and a half, Venice-Turpentine, ſix drams, Oyl of Foxes and Lillies, each

each one Ounce and a half, Wax as much as will make an Ointment.

A Plaister for them. Take of Mucilage, and Melilot Plaister, each two Ounces; of the greater Diachylon one Ounce, Dears-Marrow, and Bears-greaſe, each one Ounce and a half; the Mucilage of the Seeds of Fleawort, Marſh-mallows, and Fænigreek, each one Ounce, malax them with Oyl of Worms, or Lillies, into a Maſs, of which apply a Plaister.

Galens Plaister of Cheeſe. *Galen* attributes much to a Plaister made of very old Cheeſe, boiled in the broth of Salt Pork; ſaying, it will diſſolve Nodoſities, nay break the Skin, and draw forth thoſe Gypſeous Stones, and mollify the joints;

joints; all which he hath experimented more than once, you may make the Plaiſter thus; Take three or four Hogs-feet well ſalted, boyl them with the Roots of Marſh-mallows, Briony, Lillies, each one handful then ſtrain it, and add to it Deers-Marrow, each two Ounces, old Cheeſe a ſufficient quantity, and make a Plaiſter.

Laſt of all when you uſe theſe emollient remedies, make an evaporation with a Fireſtone or Brick, ſprinkling upon them the beſt Vinegar you can get, and *Aqua-vitæ*; for theſe Vapours are reſolving, inciſive, ſubtilizing, and do break the hardned Gypſeous matter: and ſo much for

for the Cure of the Gout present; we proceed now to the means of preservation from it.

CHAP. VI.

Of preservation from the Gout, or Joint-Evil.

The only scope of preservation.

THis hath only one scope or end; *viz.* to cut off the Cause of the Gout, which we have told you is twofold; the defluxion of humours, and weakness of the joints; and to prevent the first, the Physitian must have these two aims; the first is to keep the body clean, that there be no superfluous or vitious humours generated

in

in it; the ſecond is, that in caſe ſuch humours be generated, that he empty and caſt them off, becauſe they are the antecedent matter of the Gout; the firſt intention, which is to hinder the production of ſuperfluous matter conſiſts in a regular and well order'd courſe of life, or in the due adminiſtration of the ſix non-natural things.

What courſe of life is to be obſerved.

To prevent then a return of the Gout, we muſt firſt of all eſchew a cold Air, becauſe that preſſes forth the humours, and is a Capital Enemy to the joints; exceſſive heat alſo doth melt and extenuate the humours, that they become more fluid: Windy, Rainy, and Cloudy weather,

The temper of the air.

weather, and groſs vapours muſt be avoided; in the Winter he muſt keep his Chamber till Sun-riſing, and in Summer he muſt not expoſe himſelf to the burning heat of Noon-day.

Obſervations of dyet.

In his dyet he muſt obſerve the quantity and quality of his nouriſhment; in the quantity let him obſerve theſe general Rules. 1. That he live Soberly, eat leſs than his Cuſtome was, never eat to his fill, but riſe from the Table with an Appetite, that the Stomach may the better digeſt its nouriſhment, and overcome crudities. 2. That he faſt not too long, for if ſo, the empty Stomach will attract humours from all parts, and fill it ſelf with them,

them, whence will follow defluxions. 3. Let his Supper be lighter than his Dinner. 4. Let there be five or six hours at least between his Dinner and Supper; for there is nothing that doth more disturb digestion, than to heap in the Stomach more meats, before the first is perfectly concocted; and it concerns him much that his meat be of good juice or nourishment, and such as may be easily digested: let his Bread be of the best wheat flour, well kneeded, leaven'd, and baked with a little Green Aniseed mixt in the working of it: let him avoid flesh that is too moist; as Lamb, Kid, Pork, and the like; whose

What sorts of meats.

ſuperfluous moiſture feeds the diſtemper; Weather-Mutton, Veal, Hens, Chickens, Capons, Partridge, Pigeons, Woodcocks, and Birds of the Mountains are beſt for him, and all theſe are better roſted than boyled, if the Patient be Phlegmatick, but if he be Cholerick, or Melancholick, they muſt be boiled with Succory, Parſly, Endive, Burrage, Burnet, or with other Diuretick Plants, which do both cool and purge the body by Urine; in the Winter you may add a little Hyſop, Sage, or Thyme; but you muſt take notice, that too much uſe of Broths is hurtful; and it is ſufficient to ſip a little in the Morning, never

ver at Nights. Fiſhes in general are nought, except thoſe that are of a firm ſubſtance; and Milk is an Enemy to the Brain and Nerves.

He muſt abſtain alſo from all ſharp meats, ſalt, and ſpiced meats; and from all thoſe things which are Windy and Crude, and which have ſtore of Terrene Juices; of Spices only Cinnamon and Nutmegs are allowable; Cheeſe is naught. It will not be amiſs ſometimes inſtead of Broths, to uſe Ptiſan of Barly, or Rice, becauſe it thickens the bloud, and doth incraſſate the thin defluxions; Poched Eggs are good: but raw Herbs, as Lettice, and Sallads he

muſt forbear, except they be of Succory, Burnet, and Purſlane. There being a natural Antipathy betwixt Wine and Coleworts, *Crato* is opinionated, that they are good for the Gouty, becauſe Wine is hurtfull to them. Raw Fruits are very bad, except ſharp Prunes, Services, Medlars: Pears, Apples, Quinces, may be admitted if baked; but Nuts, Cheſnuts, Artichoaks, Garlick, Onions, Turneps are naught; let him feed twice a day, but ſparingly: let him not drink late, nor betwixt Meals.

Rules for his drink. Let him abſtain from Wine as much as he can, but if he cannot wholly, then let him dilute it, two

or

or three hours before he drinks it; for ſtrong Wines, as Hippocras, Muſcadel, *&c.* and white, ſubtile, fuming Wines, are Enemies to the Brain and Nerves, though by accident. This drink will agree with moſt Tempers: Take of *Sarſaparilla* two Ounces, Liquoras one Ounce, Cinnamon, and Aniſeeds half an Ounce, beat them into a very fine powder, of which mix one ſpoonful with as much water as will ſerve for a meal, brew it a little, afterwards ſtrain it for your ordinary drink.

Long ſleeps, eſpecially in the day time, fill the Brain with abundance of Excrements; and too much watching, doth deſtroy Sleep.

and diſſipate the Spirits; he muſt obſerve therefore a mean, and not ſleep till three hours after Dinner or Supper.

Exerciſe.

Moderate exerciſe is very beneficial, becauſe it doth not only waſt ſuperfluities, but it fortifies the joints, and as *Hippoc.* ſaith in his *Epidem.* it is as nouriſhment to the joints; but where this cannot be uſed, we muſt uſe gentle frictions, as of the Shoulders, Hipps, Thighs, Arms, or Head; but violent exerciſe is a great Enemy, for it relaxes and weakens the parts; and it is obſerved that hanging down of the Legs doth often cauſe the Gout; as *Hippoc.* ſaith of the *Scythians*, who riding

L. de aere & aq. part. 50.

with-

without Stirrups, were therefore very much troubled with the Gout.

But above all things the body muſt be freed of its Excrements, by being kept open by ſome Lenitive means; and all paſſions of the mind muſt be avoided, for they make a ſudden alteration in man, eſpecially Grief and Anger: and let him abſtain wholly from Venery. Excrements.

The ſecond ſcope in preſervation, I told you was, to evacuate that matter which is already produced; and here we meet with many things worthy of our Conſideration; the nature or quality of the humour, the time, the age of the Patient, and the Region, The ſecond ſcope is evacuation.

or Country: as for the quality, if bloud abound, Phlebotomy is the beſt remedy for Plethorick bodies; but the time when bleeding is moſt proper, ſaith *Galen*, and *Hippoc.* is the Spring and Autumn; at which ſeaſons alſo, Gouts are moſt frequent. Would you know out of what Vein we muſt bleed? *Galen* anſwers, if the Gout poſſeſs all the joints, you may bleed out of all the Veins of the body, for bloud muſt be drawn plentifully; but we think in this Caſe, the Baſilick Vein is beſt, becauſe that empties from all the nobler parts, ſaith *Galen*: but whether the Gout poſſeſs the upper or lower parts,

Whence we muſt bleed.

we

we muſt bleed in that part which is oppoſite, according to longitude. *Hippoc. Apho.* 22. *Sect.* 56. 6. *Epidem.* in that Gout which occupies the lower parts, commands us to open a Vein behind the Ears; and in another place he exemplifies it, by the practice of the *Scythians*, who being much troubled with the Sciatica, uſed to bleed behind the Ears, which are branches of the external Jugulars, in ſo much that many of them were render'd unfit for generation. I have known thoſe, ſaith *Sennertus*, that with good ſucceſs have open'd the Veins by the great Toes every Month; and others apply Cupping-glaſſes to

the Soles of their feet, before every new Moon, and ſo have been freed.

But if the other humours predominate; the beſt remedy is Purging; now we Purge either by Vomit or Stool; Vomits are moſt fit for thoſe Gouts which poſſeſs the joints of the lower parts, and purging by ſtool for the Gout in the upper parts for revulſion; but your Purge muſt be appropriate to the nature of the peccant humour; for Phlegm, a Phlegmagoge; for Choler, a Cholagoge; and this evacuation is commodiouſly done Spring and Fall, a little before the Æquinoctials; at which time the humours begin to move: but if he will be

care-

careful to prevent, he must Purge four times a year at the least; to which, if they add not a regular life, there is no dealing with them, saith *Galen*.

Pills made of Aloe, Agarick, Rhubarb, without Scamony, taken twice a week, for many weeks, are counted a good remedy for preservation; or these,

Take of Chamæpitys half an Ounce, Germander, Arabian Stœchas, each 3. Drams; Hermodactylls, half an Ounce; the Seed of St. Johns-wort one dram, Hepatick Aloe, half an Ounce, with Cypress Turpentine make up Pills.

The Chymists cry up *Arcanum Tartari*, and *Gesners* powder of *Jupiter*; but

but the decoction of Germander taken for ſixty days exceeds all Antidotes whatſoever.

How the weakneſs of the joints is to be Cured.

The other cauſe was the weakneſs of the joints, and therefore the ſecond aim of the Phyſitian here is, to confirm and ſtrengthen them; for thoſe things that do debilitate them being firſt cut off, we muſt then apply thoſe topick remedies to the joints, which may corroborate them, as fomentations, liniments, Plaiſters; fomentations are made of Wormwood, Myrtle-tops, Maſtick-tree, leaves of Chamæpitys, Galls, Cypreſs Nuts, Acacia, Hypocriſtis, to which you may adde a little Nutmeg and Cloves, all boiled in red ſtiptick wine. The Oyls are of Nard, Wormwood, Myrtles, the Quinteſſence of Wax, commonly called St. *James* Oyl. Plaiſters are ſuch as Maſtick Plaiſter, Diachalcitis with Camphire, or; Take of Pitch, Rozen, Maſtick, Wax, equal parts, and make a Plaiſter; if you ſpread them on Fox skins, it is counted the better. *Philagrius* ſaith, if the joints be rubbed every day, morning and evening, with Salt and Oyl, let him live how he will, he ſhall never be troubled with the Gout.

FINIS.